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Telephone Support During Overseas Deployment for Military Spouses  
Formerly: Telephone Support During Deployment for OEF/OIF Spouses

**PRINCIPAL INVESTIGATOR:**

Linda O. Nichols, Ph.D.

**CONTRACTING ORGANIZATION:**

VA Medical Center  
Memphis, TN 38104

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<b>13. SUPPLEMENTARY NOTES</b>					
<b>14. ABSTRACT</b> Deployment impacts both service member and family, and the cost can be high. Spouses' reactions to deployment may include emotional distress, loneliness, anticipatory fear or grief, somatic complaints, and depression. The goal is to help spouses learn ways to manage stress and solve problems related to deployment and reintegration, communication, managing long distance relationships, and other common problems. The study will compare telephone support groups to online education sessions. The study will enroll 160 spouses, 94 to date. In the Telephone Support groups, a group leader and participants meet 12 times over six months to focus on education, skills building and support. Education Only online sessions provide the same education content, without skills building or support. Content includes strategies to reduce or eliminate communication difficulties during deployment, how to find help; practical concerns during deployment; fostering resilience and decreasing stress; fostering relationships while apart, negotiating roles and relationships; changes during deployment; strategies to support the spouse and the service member; and cues to alert spouses when to seek mental health services for the family or themselves. Outcomes include resilience, depression, anxiety and coping behaviors. Telephone data collection is conducted at baseline, six and twelve months.					
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## INTRODUCTION:

Deployment impacts both service member and family, and the cost can be high. Spouses' reactions to deployment may include emotional distress, loneliness, anticipatory fear or grief, somatic complaints, and depression. Spouses may also be stressed by single-parenting, learning skills such as home repairs, making decisions alone, and lack of communication with the service member. Assistance during deployment can also help with reintegration post deployment. This randomized clinical trial will examine two interventions designed to help spouses manage deployment and prepare for reintegration. The study will enroll 160 spouses, 94 to date. In the Telephone Support groups, a group leader and participants meet 12 times over six months to focus on education, skills building and support. Education Only online sessions provide the same education content, without skills building or support. Outcomes include resilience, depression, anxiety, and coping behaviors.

## BODY:

### **Task 1: Develop Manual of Operations (MOP) Months 1-6, April 2011-September 2011**

All activities and products are completed for the Manual of Operations.

#### Activities

- Finalize support group format
- Finalize support group materials
- Finalize education group sessions
- Finalize screening materials
- Finalize data collection protocol/battery
- Develop and print brochures and posters

#### Products

- Support group format, topics and scripts
- Spouse Workbooks and information
- Education group format, topics and scripts
- Screening forms and scripts
- Data collection forms, scripts and documentation
- Brochures and posters

### **Task 2: IRB approval**

**Months 1-6, April 2011-September 2011**

All activities and products are completed for IRB approval. Final Memphis IRB approval was received January 25, 2011 and HRPO approval was received on December 14, 2011.

#### Activities

- Develop informed consent documents

#### Products

- Approved consent

### **Task 3: Hire and train personnel**

**Months 1-5, April 2011-August 2011**

All staff trained and certified.

#### Activities

- Write job descriptions, interview, hire, train

#### Products

- Trained and certified staff

### **Task 4: Recruitment and Randomization**

**Months 10-31, January 2012-October 2013**

Recruitment of Guard, Reserve, and Active Duty spouses is ongoing. The Spouse Support website, Facebook entry, and email contact are all available. See Appendix for URLs.

#### Activities

- Work with recruitment sources
- Telephone and screen potential participants
- Randomize participants

#### Current Products

- Recruitment sources contacted
- 134 spouses screened
- 94 participants randomized

**Task 5: Intervention (Telephone Groups) Months 11-37, February 2012-April 2014**  
Telephone support/discussion groups are ongoing.

Activities

- Schedule and provide groups for intervention participants

Current Products

- Three groups ongoing

**Task 6: Attention Control (Education Groups) Months 11-37, February 2012-April 2014**  
Education webinar groups are ongoing.

Activities

- Schedule and provide sessions for education participants

Current Products

- Sessions posted online

**Task 7-9: Data Collection/Data Entry/Cleaning Months 7-42, January 2012-September 2014**

Activities

- Collect full data at baseline, six and twelve months
- Enter and clean data

Current Products

- 94 baselines collected
  - 40 6-month follow-ups collected
  - 6 12-month follow-ups collected
  - 26 project evaluations collected
- All data has been entered and cleaned

**Task 10: Prepare and Disseminate Results Months 13-48, April 2012-March 2015**

Activities

- Prepare papers and presentations

Current Products

- Three presentations this year (see appendix)

Nichols, L, Martindale-Adams, J. Telephone Support during Overseas Deployment for Military Spouses). U.S. Army Military Operational Medicine Research Program (MOMRP)/Joint Program Committee for Military Operational Medicine (JPC5) In Progress Review, August 2, 2012.

Telephone Support during Overseas Deployment for Military Spouses, Linda Olivia Nichols, Ph.D., Jennifer Martindale-Adams, Ed.D., Memphis VAMC Research Service, November 30, 2012.

Telephone Support during Overseas Deployment for Military Spouses, Linda Olivia Nichols, Ph.D., Jennifer Martindale-Adams, Ed.D., University of Tennessee Health Science Center/University of Memphis Health Service Research seminar, 2/6/13.

**KEY RESEARCH ACCOMPLISHMENTS:**

**REPORTABLE OUTCOMES:** None to date.

**CONCLUSION:**

Family members, particularly parents, have contacted us to request assistance while their children are deployed and after deployment.

**REFERENCES and SUPPORTING DATA:** N/A

## APPENDICES:

### Spouse Deployed media

Email: [vhamemsbm@va.gov](mailto:vhamemsbm@va.gov)

Website: [www.memphis.va.gov/spousesupport](http://www.memphis.va.gov/spousesupport)

### Social media

#### Twitter Activity

- 25 people “following” study leader Denise Brown on Twitter
- Twitter Sites that re-tweeted about Deployed study (based on tweet from Study Leader Denise Brown)

<a href="#">Official ArmyWife101 (@Armywives101)</a>	<a href="#">GA National Guard (@GeorgiaGuard)</a>
<a href="#">Dr. Deborah H. Sims (@MilitaryLife)</a>	<a href="#">PKSOI (@ PKSOI1) Carlisle Barracks, PA</a>

- Twitter sites that have been contacted about the Study (by Denise Brown)

<a href="#">slhoppin</a>	<a href="#">forthood</a>	<a href="#">Missouri NG</a>	<a href="#">MilitaryAvenue</a>
<a href="#">MyArmyLife</a>	<a href="#">Fort Belvoir</a>	<a href="#">NationalGuardNY</a>	<a href="#">spousecentral</a>
<a href="#">HerWar</a>	<a href="#">USCG</a>	<a href="#">NDNationalGuard</a>	<a href="#">starsandstripes</a>
<a href="#">SpouseBUZZ</a>	<a href="#">ARMYSOUTH</a>	<a href="#">GeorgiaGuard</a>	<a href="#">USPacificFleet</a>
<a href="#">MilitaryWives</a>	<a href="#">NENationalGuard</a>	<a href="#">NationalGuard</a>	<a href="#">ArmyTimes</a>
<a href="#">OpWeAreHere</a>	<a href="#">MNNationalGuard</a>	<a href="#">MWSAPresident</a>	<a href="#">parafile</a>
<a href="#">mymilitarylife</a>	<a href="#">USACGSC</a>	<a href="#">DelawareNG</a>	<a href="#">USArmyReserve</a>
<a href="#">military_family</a>	<a href="#">usairforce</a>	<a href="#">PANationalGuard</a>	<a href="#">WA NATL GUARD</a>
<a href="#">HeroesInDogtags</a>	<a href="#">MC_FP</a>	<a href="#">RINationalGuard</a>	<a href="#">SoldiersMag</a>
<a href="#">NextGenMilSo</a>	<a href="#">Kentucky_Guard</a>	<a href="#">SCNationalGuard</a>	<a href="#">USNavy</a>
<a href="#">AirGuardCAHQ</a>	<a href="#">WI_Guard</a>	<a href="#">DeptofDefense</a>	<a href="#">MilitaryOfficer</a>
<a href="#">NHNationalGuard</a>	<a href="#">IllinoisNG</a>	<a href="#">the_USO</a>	<a href="#">AHRQIX</a>
<a href="#">FLGuard</a>	<a href="#">usaghawaii</a>	<a href="#">thejointstaff</a>	<a href="#">GiveAnHour</a>
<a href="#">armyimcom</a>	<a href="#">FortLeavenworth</a>	<a href="#">TheGoToSite</a>	<a href="#">DOD_OLW</a>
<a href="#">USNationalGuard</a>	<a href="#">AllMilitaryNews</a>	<a href="#">Wifey_Diaries</a>	<a href="#">healthdotmil</a>
<a href="#">ArmySpouse</a>	<a href="#">1MilitaryFamily</a>	<a href="#">JSSWA</a>	<a href="#">militarypathway</a>
<a href="#">ArmyWellBeing</a>	<a href="#">MilitaryLiving</a>	<a href="#">WarriorCare</a>	<a href="#">BlueStarFamily</a>
<a href="#">VaNationalGuard</a>	<a href="#">military_spouse</a>	<a href="#">AZNationalGuard</a>	<a href="#">ChiefNGB</a>
<a href="#">ArmyOneSource</a>	<a href="#">usmilitarywife</a>	<a href="#">LANationalGuard</a>	<a href="#">ptsddiary</a>
<a href="#">ArmyWifeNetwork</a>	<a href="#">ProudofMilitary</a>	<a href="#">AmericanLegion</a>	<a href="#">HPRCUpdates</a>
<a href="#">TexasGuard</a>	<a href="#">ILMil_Families</a>	<a href="#">realwarriors</a>	<a href="#">FORSCOM</a>
<a href="#">MassGuard</a>	<a href="#">Military_love</a>	<a href="#">USMC</a>	<a href="#">VA_OEF_OIF</a>
<a href="#">UTNationalGuard</a>	<a href="#">Armywives101</a>	<a href="#">USArmy</a>	<a href="#">NMFA_Amanda</a>
<a href="#">wyoguard</a>	<a href="#">MarForRes</a>	<a href="#">HPRCUpdates</a>	<a href="#">NICoEPage</a>
<a href="#">MDNG</a>	<a href="#">MOAA_MilLife</a>	<a href="#">AirNatlGuard</a>	<a href="#">DCoEPage</a>
<a href="#">NCNationalGuard</a>	<a href="#">milspousenet</a>	<a href="#">NGAUS1878</a>	<a href="#">VOFRCVT</a>
<a href="#">OHNationalGuard</a>	<a href="#">familymilitary</a>	<a href="#">OregonGuard</a>	<a href="#">NRDgov</a>

AmericasNavy	Fleet_Family	Navy_IA	NavyGreatLakes
NavyMedicine	Milplace	NavRegHawaii	DeploymentPsych
navy_reserve	MilitaryLife		

Websites with posts about Study (not complete)

- Real Warriors website
- Veterans Recruiting Service
  - Facebook, Twitter and LinkedIn
- National Resource Directory (nrd.gov)
- Operationwearehere.com
- Baseguide.com/militaryspouse.com